



Maryland's Premier Ice Skating and Hockey Facility



Freestyle Sessions September 2017– March 2018

- **Sundays:**

September 3: 7:30, 8:30, 9:30, 10:30, 11:30am

September 10–March 25: 7:10 & 8:10am (CFSC 9:05–10:45am)

- **Mondays:**

September 11–October 2: 3:40, 4:30, 5:20, 7:20pm

October 9: 3:00, 3:50, 7:30pm

October 16–March 26: 7:30pm

- **Tuesdays:**

September 5: 2:30 & 3:30pm (CFSC 4:20–6pm)

September 12–March 27: 5–7:30am, 2:30 & 3:30pm (CFSC 4:20–6pm)

- **Wednesdays:**

September 6: 2:10 Edge Class, 3:10 & 4:10pm (CFSC 5–6:40pm)

September 13–March 28: 5–7:30am, 2:10 Edge Class, 3:10 & 4:10pm (CFSC 5–6:40pm)

- **Thursdays:**

September 7–October 5: 5–7:30am, 2:10, 3:00, 4:00, 5:00pm

October 12–March 29: 5–7:30am, 2:20, 3:20pm

- **Fridays:**

September 1–November 24 (Excludes October 20, November 10, 17): 3:30, 4:30, 5:30, 6:30pm

- **Saturdays:**

September 2: 8:00, 9:10, 10:10, 11:10am, 12:10pm

September 9–March 31: 7:00, 8:00, 10:40am, (CFSC 11:30am–1:10pm)

- ◆ All Practice Sessions 50 minutes unless otherwise noted.
- ◆ See Freestyle Session Rules on the reverse side.
- ◆ Limit of 25 skaters per session, first come, first served.

Questions? Contact April Pussler General Manager
officemgr@iceworld.com

Freestyle Session Rules

1. All skaters (including those with an unlimited card) must check in with the cashier and pay for the session prior to getting on the ice. Skating for any part of a session counts as skating for a full session. Bridging half of one session and half of the following session as one session is not permitted. No exceptions will be made for lessons.
2. Freestyle sessions are for skaters in Freestyle 1 & above (not for basic 1-pre freeskate). Exceptions may be made for lower level skaters in a lesson (prior approval must be granted by the Skating Director or General Manager).
3. Skaters should not take the ice until the designated start time of the session, and should exit the ice promptly at the end of the session when the Olympia doors open. This insures the best possible ice quality for skaters on each session.
4. Spins should be practiced in the middle of the rink, jumps are usually practiced at the ends of the rink or in the corners.
5. No more than 2 skaters may practice a handhold, arm hold, or travel down the ice together at the same time unless skaters are practicing a trio for an upcoming show.
6. Pair teams may only perform overhead lifts, throw jumps and death spirals when there are less than 15 skaters on the ice. These moves may not be performed on Low Freestyle sessions.
7. Personal music players may be used with only one earpiece in, so that skaters are able to hear other oncoming skaters.
8. When a skater's program music is playing on the rink speakers, they have the right of way on the ice.
9. Skaters and Professionals should make every effort to not interrupt the flow of other skaters. If you are not in motion, move to the boards.
10. In the event of a fall, please get up immediately and clear the area unless injured.
11. The ice is for practice, not socialization. Please go to the wall or leave the ice if you wish to socialize or take a break.
12. Skaters, coaches and parents are expected to show courtesy and good sportsmanship to others.
13. No one is allowed on the ice without skates on.
14. All coaches are expected to inform their students of these rules and enforce these rules when on the ice.